LiveHealth®
O N L I N E

My goals this week

Use this tracker to set daily, realistic goals.
Then write down how you feel after you've met each goal.

Week:
_____

Day	Goal	How did I feel after meeting the goal?
Example	*Today I will take a yoga class after work.*	*Yoga helped me unwind and sleep better.*
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Example goals

Read these examples to help inspire your own goals. Then use your goal tracking sheet to write down your daily goals and the feelings you have after you accomplish them.

Week:

July 24-30

Day	Goal	How did I feel after meeting the goal?
Monday	Drink eight glasses of water.	Drinking enough water keeps me energized.
Tuesday	Take a ten-minute walk at lunch.	I was tired before the walk, but returned to work refreshed.
Wednesday	Take a yoga class after work.	Yoga helped me unwind at the end of the day.
Thursday	Eat fruit as a snack between meals.	Having a healthy snack helped me control my portion sizes at lunch and dinner.
Friday	Make dinner at home.	I'm proud I made a healthy meal for my family and myself.
Saturday	Order a salad with lunch.	Filling up on vegetables makes me feel full longer.
Sunday	Treat myself to a pedicure.	Taking time for myself makes me feel better.